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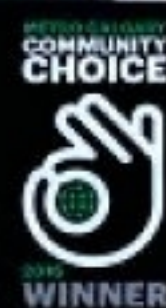
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Monique De St Croix
and Jo Williams
JENNIFER FRIESEN/FOR METRO

Arrest called 'aggressive'

STAMPEDE WEEK

**Police Service says
whole story not
told in video**



**Jeremy
Simes**
For Metro | Calgary

The man who filmed an aggressive police arrest during Stampede Week is questioning the Calgary Police Service's version of events.

Justin, who filmed the altercation on Friday evening and requested we withhold his last name, said a group of "punks" flicked a cigarette inside a man's truck, prompting him to become angry and disrupt traffic on 17th Avenue.

He said it appeared the man was going to tell the cops about the altercation when he got out of his car.

"The second he goes over, the cop's face was already pissed," Justin said. "The cop was aggressive, 100 per cent. The guy didn't get a single second to explain anything, and that's when I started filming."

During the interaction, the man is

pulled to the ground by an officer after he raises his hand. As the officer holds him down, he strikes him three times with his fist. Two other officers held him down.

In a prepared statement, the Calgary Police Service said the video captures a small portion of the interaction with the "aggressive" man and doesn't tell the full story.

The CPS said the man refused to cooperate with officers' demands — like providing information about his identity — and attempted to leave the area, following what CPS called a road-rage incident involving a pedestrian.

But Justin said the officer shouldn't have punched the man in the face. "He didn't deserve any of it," Justin said. "That cop cannot do that to someone."



image from the video SCREEN GRAB

SMILE, STAMPEDERS

Photo buses roll onto Calgary streets metroNEWS

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Dog saved from coyotes

WILDLIFE ATTACK

Bystanders chased off attackers, got puppy home



Brodie Thomas
Metro | Calgary

Olive the dog had a very "ruff" day on Saturday, but it could've been a lot worse were it not for the actions of some brave bystanders who stopped a coyote attack.

It all began when the one-year-old black lab's owner, Brent McConnell, was getting ready to take her for a walk. She was beside him in his Edgemont garage when she bolted towards the road.

Although he didn't see exactly what happened, McConnell believes that Olive ran into the moving vehicle, which he notes wasn't moving too fast.

"I got a glimpse of her at the door. Clearly she wasn't injured from the car," he said.

Not injured, but definitely spooked, Olive ran off leaving McConnell, along with several members of his family, to mount a search party.

Meanwhile, several people driving on near Nose Hill Park spotted Olive making her way up Shaganappi Trail.

Kendra Scurfield had been driving back from the airport when she saw Olive. She pulled over and for a time was able



Kendra Scurfield, Zac Wulf Gillrie, and brothers Nolan and Clayton Osiowy all helped chase off the coyotes and get Olive back home. COURTESY BRENT MCCONNELL

to capture the pup with help from other motorists, until Olive wriggled loose from her collar and bolted again into the park.

"Then we see she found another dog. Then several dogs. And one of the guys goes, 'No, no. Those aren't dogs. Those are coyotes.'"

Zac Wulf Gillrie had pulled over to see what the commotion was. As soon as he got out of his car, he could see a pack of at least five coyotes circling around Olive and nipping at her. He along with several other men ran into the park to scare them off.

Gillrie had worked as a ranger for the province in the past, and

"This is a great story with a happy ending because of these four heroic young Calgarians."
Brent McConnell

he wasn't too concerned about the coyotes.

"The dog was extremely afraid — but of course you heard that Olive had been hit by a car — the coyotes sensed that," he said.

Even once the coyotes were gone, Olive was still frightened

and she wouldn't go towards any of her would-be helpers. They managed to chase her back towards Edgemont.

Luckily, she recognized her own home and ran there. She was taken to a veterinarian where she was kept overnight for observation.

McConnell said the teamwork displayed by total strangers was unbelievable. He had put a call into 311 while other people were calling to report the dog on the run, and Calgary police helped too.

"This is a great story with a happy ending because of these four heroic young Calgarians," said McConnell.



Olive the dog was being attacked by a pack of at least five coyotes on Saturday when bystanders approached the wild dogs and chased them off. COURTESY BRENT MCCONNELL

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Ottawa politicians' support could hurt Kenney: Experts

Others eyeing top post

POLITICS

Harper backed Conservative MP's campaign to unite right



Jeremy Simes
For Metro | Calgary

Jason Kenney's PC leadership campaign may need to rethink its "Ottawa saviour" mentality because it didn't work so well for former premier Jim Prentice, according to political experts.

On Saturday, former prime minister Stephen Harper endorsed the "thoughtful and highly capable" Kenney during an annual Stampede barbecue held in Harper's Calgary riding.

"And friends, I would ask all Alberta members of the Conservative Party of Canada to join me and to work to elect as the next leader of the PC Party of Alberta the Honourable Jason Kenney," Harper told hundreds of supporters during the event.

But Melanee Thomas, political scientist and professor at the University of Calgary and former NDP provincial candidate, said Kenney's bid — and the endorsements by Ottawa politicians — could do more harm than good.

She said Albertans haven't



Calgary Conservative MP Jason Kenney announced he's running for the PC leadership with a mandate to unite the party with the Wildrose. THE CANADIAN PRESS

historically liked having federal politicians return to the province to try saving it.

"It didn't work so well for Prentice," she said.

However, Kenney has said it will be up to PC grassroots members if they want him to lead under his united mandate, which intends to unify the PCs and Wildrose parties under one banner.

Stephen Carter, a political strategist and chief of staff for former Alberta premier Allison Redford, said Kenney should instead be running for the Wildrose party.

"He's been living in Ottawa for so long, he forgets what is a real Albertan," Carter said. "A united right wouldn't have stopped (the NDP's provincial election win)."

He said during the last provincial election, the centre didn't reflect centre values, causing voters to move left.

"I'm concerned about Jason Kenney and the federal Conservative party saying they're here to save everyone and move everything to the right," Carter said. "I don't think that's the model that will work here. If he wants to lead a right-

wing party, there's a party right here: the Wildrose."

Thomas also questioned Alberta's purported conservatism, as the majority of the province is generally progressive, according to Abacus Data.

The PC leadership race officially launches in Lethbridge on Oct. 1, and other candidates have yet to officially declare they're running.

As provincial PC leadership hopeful Jason Kenney begins his campaign to unite the right, former PC cabinet ministers have been told they should consider the leadership.

On Thursday, Metro identified either through interviews or sources that many familiar former PC MLAs are eyeing the leadership race.

Former minister of human services Stephen Khan said he's been mulling over the idea of running for the leadership.

"Given where we're at with the rebuild of PC party, most folks who were good MLAs are having their people tell them they should consider the leadership," he said. "The more high quality people we have thinking about it, the better off our province is going to be."

Former deputy premier and education minister Thomas Lukaszuk told Metro on Thursday he's "not precluding it (the leadership) from a possibility," and said he's also been looking to see if other candidates step up. "If there's another candidate that can moderate this discussion, then I'd definitely support them," he said.

Lukaszuk said he's not a fan of Kenney's bid. "This concerns me because there is a reason why the Wildrose separated from the Progressive Conservatives, because they're not progressive in any way possible."

Other former cabinet ministers potentially eyeing the leadership include Sandra Jansen, Richard Starke and Diana McQueen. JEREMY SIMES/FOR METRO

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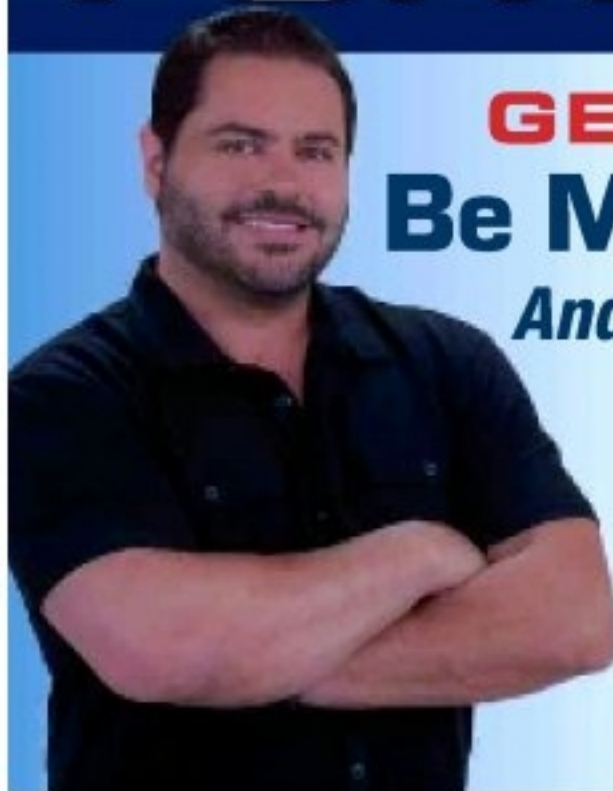
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6

Calgary metro NEWS



With bellies full of weeds, the goats relaxed in their pen during the last day of the project.

AARON CHATHA/METRO

Park goats gone

HORTICULTURE

Three-week weed-eating pilot project comes to end



Aaron Chatha
Metro | Calgary

Hopefully you already glimpsed the goats in Confluence Park in the past few weeks — because they're bleating gone.

The three-week pilot project was meant to see how goats fared against a number of invasive weeds, instead of using chemicals. Managed by a professional shepherd, herding dogs and horses, 106 goats targeted invasive species like the Canada thistle.

And Calgarians loved having them.

"I saw them a couple weeks ago," said Nicole Lambou, who came back into the park to wave goatby. "They're just gentle, they ate a lot of weeds — the herder was great about making sure they were eating the invasive species and she's really good at explaining what they were eating and what they weren't."

Lambou appreciated how open and friendly the city was in regards to the project. They ended the project with a day for the public to come visit the goats, ask questions and take pictures.

Now the city will conduct a detailed review and analysis of the project, to see if the goats could return or expand to other weed-infested areas of the city.

"They should use them in

more parks to control weeds," agreed Calgarian Mark Gervais. "So they're not spraying chemicals everywhere."

Chris Manderson, urban conservation lead for Calgary Parks, said in a release that Calgarians have been very supportive of the goats.

"We now know that we can use goats in an active park without disrupting park visitors' enjoyment of the park, whether on foot, on bicycle, or with a leashed dog," he said. "Preliminary signs also indicate that the goats have done an excellent job targeting a significant volume and variety of invasive weeds such as Canada thistle, hound's tongue, and hawkweed."

A volunteer said the goats won't be taking it easy now — ever the working goat, they already have more contracts lined up.

WEATHER

Storm keeps fire crews busy

Calgary fire crews were kept busy on Saturday night when a wicked thunderstorm rolled through the city.

The fire department says emergency calls about lightning strikes and flooding came in about every two minutes during the height of the rumble.

The storm also set off alarms in multiple buildings and each needed to be investigated by crews.

A construction office was severely damaged by a fire possibly caused by a lightning strike, but no injuries were reported.

Lightning is also believed to have hit a gas line and meter at a house in the city's northeast.



A power transformer was damaged by lightning in the southwest.

COURTESY ENMAX VIA TWITTER

Two homes were evacuated as a precaution, but crews quickly shut off the gas before a fire could start.

The storm brought with it hail that blanketed front lawns, as well as heavy rain that caused flash flooding, power outages and transit delays.

A spokeswoman for Enmax said the utility provider also received a lot of calls over a short time.

"We experienced a momentary outage ... that (affected) about 3,100 customers ... but the power came back on fairly quickly," said Doris Kauffman Woodcock. THE CANADIAN PRESS



Craig Baskett said that immediately after he started teaching at the Transitional Vocational Program, working with adults with developmental disabilities became his passion.

JENNIFER FRIESEN/FOR METRO

Continuing education for all

DEVELOPMENTAL DISABILITY

Teacher has spent 18 years helping adult students



Jennifer Friesen
For Metro

When Craig Baskett went to school to become a teacher, he never expected he'd be where he is today.

Eighteen years ago he took on a his first teaching job for a

night class at Mount Royal College's Transitional Vocational Program (TVP), which offers a post-secondary education to adults with developmental disabilities.

"It was a little bit daunting at first," he said.

"I hadn't taken any special education instruction when I went to university and I'd never worked with people with disabilities. But working with this group of students immediately became a passion for me."

Baskett recalls those early years of watching the students walking in on Thursday night. For most, it was after a long

day of work and a transit commute.

"Even in the dead of winter they were there and ready to go," he said. "They were never negative about it, they valued the opportunity to continue learning."

Since that first class in 1998, Baskett moved into a full-time position and eventually became the TVP's program administrator.

Through his students' passion for learning and his passion for teaching them, he has made it his mission to help them find and maintain the employment opportunities

they deserve.

"People with developmental disabilities sort of get spoken down to or diminished," said Baskett.

"More often than not, it's the tone of voice, like they're speaking to a child. It's so frustrating to see someone talking to one of our students like that when I know they've had a job for 20 years — done that job well — and lived independently ... (That mindset) needs to change."

Through the Employment Preparation Certification, Employment Assistance Program and other part-time courses,

TVP instructors work closely with the students to develop employment skills such as math, reading, computer skills and preparation for the learner's licence test.

"Lots of things that we might take for granted is not easy for others," he said. "So it's important for us to support the students through Mount Royal to achieve that."

For Baskett, seeing those students succeed in the workforce is what keeps him pushing.

One day, he was passing through his neighbourhood and saw two of his past stu-

dents working at Safeway and another walking to his job in the same area.

"I just thought, wow, think about what it would be like for these guys 40 years ago," he said. "So when I saw them in their jobs, being valued, being independent, that really reinforced what I enjoy doing what I get to do."

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Fort Mac's landfill manager surfs wave of disaster waste

WILDFIRE

Calm, collected in spite of a 'tsunami-like' flow of material

When you're pounded with the big waves, you'd better learn to surf. "The demolition material is going to come in pretty much in a tsunami-like effect," says Fred Thompson-Brown, manager of Fort McMurray's landfill. "We've been busy throughout and it's just getting busier."

The wildfire that ravaged the oilsands city is finally under control and many of its more than 80,000 evacuees are back in their homes. Services are restored and residents are working to bring life back to normal.

But normal is a long way off for the man at the centre of a mind-bogglingly large and occasionally toxic cleanup still very much under way.

Put this in your garbage truck and haul it: A typical urban home generates between 97 and 175 tonnes of waste after a fire. Fort McMurray lost 2,400 homes and buildings. Give or take, that's 338,400 tonnes of ash, soil, concrete, metal and miscellaneous bits and bobs — some of it as caustic as oven cleaner or loaded with toxic lead or arsenic. That's fully a third more waste than the landfill accepted in all of 2015. It'll take up to 47,000 truckloads to haul it. If that isn't daunting enough,



Fred Thompson-Brown amid refrigerators destined for recycling at the entrance to the landfill in Fort McMurray, Alta. More than 11,000 refrigerators were destroyed, damaged and thrown out due to the wildfires that ravaged the town — a small part of the tonnes of waste he's responsible for seeing safely disposed of. THE CANADIAN PRESS/SEAN MCLENNAN

consider that in June, the landfill took in 11,437 fridges and freezers. All had to be emptied of rotting food, drained of their gas and crushed.

"It's not a simple commodity," deadpans Thompson-Brown, a genial Brit whose ringtone plays The British Grenadiers. "And they're still coming in. It's 10 years' worth in six weeks."

He's earned the right to be calm. Throughout the entire

blaze, the landfill was closed for exactly four days, from May 6 to May 10. By the time residents began to filter back on June 1, a lot of rubble had already been cleared and homeowners had big, empty bins waiting to haul away waste and let them rebuild.

"There was a bit of a mini-tsunami of that material," says Thompson-Brown, using a word he repeats a lot. "All of the bins

had been left for all the commercial properties that had to be cleared. All the big stores were just churning material in our direction from the get-go."

Fort McMurray's landfill was built to handle waste from not only the city, but from surrounding communities as well as nearby work camps. So it's big.

"We've got more than enough capacity and more capacity down the line," Thompson-

11,437

Number of fridges and freezers the landfill took in from Fort McMurray in the month of June after the wildfire.

Brown says. It's also modern, with a system in place to collect whatever bad stuff that will inevitably leach through. That will go to the municipality's water treatment plant. But the toxins do create challenges. Landfill workers operate machines in closed cabs with positive air pressure, so no outside air gets in. High-efficiency filters in those cabs are changed daily. Hazmat suits are available and nobody gets on-site without a particulate filter mask.

"Guys not wearing (personal protective equipment) are basically turned around."

The massive cleanup will also escalate costs. Federal money has already bought new dozers and compactors. Two new scales have been added and approach roads to the landfill have been rebuilt to keep truck traffic flowing. Sampling and testing for toxins will have to be tripled or quadrupled. Staff budgets will be doubled as the landfill moves to 24-7 operation.

"We're mindful of the pennies, but quite a few dollars are going to have to be spent," Thompson-Brown added.

THE CANADIAN PRESS

SEXUAL ASSAULT

Weather to blame for spike: Advocate

The Calgary Stampede has developed a reputation for parties, hookups and general debauchery over the years, but that doesn't equate to an increase in the number of reported sexual assaults, says a women's advocate.

"There's not really a jump in Stampede," said Danielle Aubry, executive director of Calgary Communities Against Sexual Abuse. "But since only six to eight per cent of sexual assaults are ever reported, I can't say for sure there isn't a bigger number during that time period."

Calgary Police Insp. Leah Barber said officers on the grounds keep a close eye on any individuals leaving the bars who may appear a bit too drunk or may have had something slipped in their drink.

Aubry said while there is no uptick in reporting at Stampede time, there is an upswing when the weather gets warmer. Sexual assault response teams, which generally deal with complainants within 96 hours, usually respond to about 300 people each year, she said.

"There is a jump as soon as the warm weather arrives," she said. "Typically we might have a case a day but during these times when the weather gets nicer it's not uncommon for us to see two or three a day." THE CANADIAN PRESS

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Jo Williams and Monique De St Croix spent the winter retrofitting a Boler trailer to complement their VW bus. The vehicles come with a bevy of costume attire and props. JENNIFER FRIESEN/FOR METRO

Photo buses bring nostalgia in a snap

EVENT ATTRACTIONS

Hip Image adds second mobile booth to offering



Aaron Chatha
Metro | Calgary

A year after converting a vintage VW bus into a mobile photo booth, the co-owners of Hip Image have snapped up a new vehicle for their growing fleet.

They're reeling in double the audience with an old Boler trailer they've revamped into a second mobile photo booth. "They're funky, they're ap-

pealing, they're like a piece of candy," laughed co-owner Jo Williams.

And many patrons might just feel like a kid at a candy store, as when the buses pull up, they come with a bevy of hats, wigs, glasses, fake lips, horse heads — and even weirder stuff.

Aimed at creating a fun experience at events, a photo booth — even a mobile one — stands out in an era where a selfie is only a click or tap away.

Photographer and co-owner Monique De St Croix said it's about the experience.

"The way that we have it, setup is full of nostalgia and fun," she said.

St Croix and Williams often add their contagious excitement to anyone entering the vehicle, encouraging them to

come up with a narrative for the three or four photos they'll take.

For example, in the first photo a goat herder discovers he has lost his goats. In the second photo, he looks for the goats. In the third photo, he finds the goats. A simple story, to be sure, but when adding costume changes and only a precious few seconds between each photo — along with a vocal excitement from the hosts — it turns into a hectic but fun experience.

The pictures can also be branded with company logos and hashtags.

As mobile businesses continue to evolve and grow in the city, the pair said they see more vehicles in their future.

For more information, visit hipimage.ca.

TRANSIT

Pedestrian killed by CTrain in northeast Calgary

A pedestrian was struck and killed by a train Sunday evening in Calgary's northeast.

Just before 7:30 p.m., EMS was called to the pedestrian crossing at the south end of Whitehorn Station.

When they arrived, paramedics declared an adult male deceased as a result of injuries sustained after being struck by a south bound LRT.

Calgary Police and Transit officials are investigating.

METRO

SOCIAL ISSUES

Albertans are fairly progressive: Abacus

Albertans are a fairly progressive bunch when it comes to social issues, according to new figures released by Abacus Data.

On Sunday, Abacus released data that showed Albertans and Quebecers largely agreed on the morality of birth control, divorce, unmarried sex, doctor-assisted dying and recreational marijuana use.

However, the two provinces differ on other issues, like abortion and gay or lesbian relations.

Here are some of the numbers: Eighty-three per cent of

Albertans said they think having children out of wedlock is morally acceptable, 79 per cent said it's morally acceptable for gay and lesbian relations, 68 per cent said having an abortion is OK, and 10 per cent said it's morally acceptable for men and women having an affair.

The survey was conducted online with 1,500 Canadians ages 18 and older from June 14 to 16. A random sample of panelists was invited to complete the survey from a representative panel of more than 500,000 Canadians. METRO



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Trudeau emotional in Auschwitz

REMEMBRANCE

PM offers a message of tolerance, love during visit

Prime Minister Justin Trudeau arrived in Ukraine after an emotional visit Sunday to the scene of one of the worst chapters in human history, the Auschwitz-Birkenau concentration camp, where he warned against intolerance and offered a message of love.

The blue skies and sunshine were a sharp contrast to the history of the camp as the prime minister walked past barbed wire fences and surveyed the gas chambers where more than one million people, mostly Jews, were killed in the Second World War.

Trudeau was stone-faced through most of the visit as he was escorted by one of the camp's survivors, 88-year-old Nate Leipziger. But the prime minister couldn't hold back the tears as he stood before the ruined gas chamber where Leipziger's mother and sister were murdered more than 70

years ago.

The prime minister didn't speak much during the nearly three hours he spent walking through the camp. But he did leave a message in a guest book kept by the Auschwitz-Birkenau State Museum.

"Tolerance is never sufficient," he wrote. "Humanity must learn to love our differences."

"Today we bear witness to humanity's capacity for deliberate cruelty and evil. May we ever remember this painful truth about ourselves, and may it strengthen our commitment to never allow such darkness to prevail."

"We shall never forget."

In an interview afterward, Leipziger, who has served on different Holocaust remembrance committees in Canada, said he tried to convey to Trudeau "the tragedy of what men did to men, the hatred which drove on group of people to murder another."

He said Trudeau received his message to remember the past while working for a better future. "He cried with me," he said. "He shed tears with me. That's the greatest expression of understanding and feelings that he could have done to me."

THE CANADIAN PRESS



Auschwitz survivor Nate Leipziger embraces Prime Minister Justin Trudeau after presenting him with a book as director of the Auschwitz-Birkenau State Museum Dr. Piotr Cywinski, back left, and Rabbi Adam Scheier look on. PHOTOS: ADRIAN WYLD/THE CANADIAN PRESS



Trudeau stands in front of the Wall of Death after laying a wreath during the tour.



Trudeau walks through the main gate with Foreign Affairs Minister Stephane Dion, second from right.

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Liberals may bring back prison farms

CORRECTIONS

Gaining life skills reduces recidivism, says former inmate

Pat Kincaid credits the dairy cows on a now-shuttered prison farm in Ontario with teaching him the skills he needed to break a life-long cycle of crime and in-

carceration.

The 65-year-old Kingston, Ont., resident, who has spent a total of 35 years behind bars for assaults, thefts and other property crimes, hopes other inmates get the chance to benefit from a program the federal Liberal government is now considering reopening.

"There's not a program in jail, even today, that can teach those skills that the cows have taught me by working with them," said

Kincaid, who's been out of prison for seven years.

"The cows taught me patience and how to control my anger, and how to deal with being upset ... I know it helped other inmates too."

The 2010 closure of the country's prison farms by the then-Conservative government — six in total operating at institutions in New Brunswick, Ontario, Manitoba, Saskatchewan and Alberta — was highly controversial.

Opponents argued the decision was made without properly considering the essential skills the farms taught the participating inmates. There was also criticism that local community members had not been adequately consulted.

A town hall is also planned in Kingston at a yet-to-be-determined date, to allow local residents and other stakeholders to share their thoughts.

THE CANADIAN PRESS



Pat Kincaid in Kingston, Ont., on Friday.

LARS HAGBERG/THE CANADIAN PRESS

QUEBEC

More ask family to officiate weddings

While Quebecers aren't renowned for tying the knot, more of the couples who do choose to marry are saying "I do" in front of a family member or friend instead of a clergy member.

A recent report by the province's statistics institute found that a quarter of opposite-sex couples chose a "designated person" to officiate their wedding ceremonies in 2015 — a number that's on the rise, according to the study's lead author.

"It's really an upward tendency that has never slowed," Anne Binette Charbonneau said. "It's come mainly at the expense of ministers and religious marriages, which have seen their share decline during the same period."

Quebec introduced a law in 2002 making it relatively simple for someone who is close to a couple to be authorized by the justice minister to perform a single marriage ceremony.

The applicant must be a Canadian citizen or Quebec resident, have no recent criminal record, speak English or French and agree to meet the requirements of the ceremony.

And as religious affiliation wanes, many couples are turning to family and friends to run the show.

When Hugues Viau married five years ago, he said it was a no-brainer to ask his longtime boss, Jean-Roch Thiffault, to conduct the ceremony.

"He's become a close friend and mentor, so for me it was natural to ask him," said Viau, a development director at Norref, a Montreal-based seafood product distributor.

This fall it will be Viau's turn, as he has been asked to officiate at the wedding of another Norref worker, Audrey Gadbois, who said she wasn't interested in having a stranger oversee the ceremony. THE CANADIAN PRESS



Hugues Viau and bride to be Audrey Gadbois pose for a photo Thursday in Montreal. RYAN REMIOWZ/THE CANADIAN PRESS

IN BRIEF

Cape Breton tourism feels effect of 'Trump Bump'

A Nova Scotia island being touted as a haven for Americans unhappy with the prospect of a Donald Trump presidency has seen more than a threefold increase in traffic to its tourism website

this year, translating into around 3,500 bookings.

Cape Breton hotels and B&Bs sold 30 per cent more overnight stays in rooms this April compared to the same month last year, according to Nova Scotia tourism.

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Shooter taunted police

DALLAS

Authorities say gunman had personal arsenal at home

The suspect in the deadly attack on Dallas police taunted authorities during two hours of negotiations, laughing at them, singing and at one point asking how many officers he had shot, the police chief said Sunday.

The chief and the county's most senior elected official also said Micah Johnson had larger attack plans and possessed enough explosive material to inflict far greater harm.

"We're convinced that this suspect had other plans and thought that what he was doing was righteous and believed that he was going to target law enforcement — make us pay for what he sees as law enforcement's efforts to punish people of colour," Chief David Brown told CNN's State of the Union.

Johnson, a black Army veteran, insisted on speaking with a black negotiator and wrote in



Police officers join parishioners of First Baptist Church in Dallas as they gather on Sunday to pray for victims of Thursday's attack. LAURA BUCKMAN/AFP/GETTY IMAGES

blood on the wall of a parking garage where police cornered and later killed him, Brown said.

The gunman wrote the letters "RB" and other markings, but the meaning was unclear. Investigators are trying to decipher the writing by looking



We're convinced that this suspect had other plans.

Chief David Brown

through evidence from Johnson's suburban Dallas home, Brown said.

The writing suggested that Johnson was wounded in a shootout with police. An autopsy will confirm exactly how many times he was hit, Dallas County Judge Clay Jenkins said.

Authorities do not "have any independent report from an officer saying, 'I think I hit him,'" Jenkins said.

The police chief defended the decision to kill Johnson with a bomb delivered by remote-controlled robot, saying negotiations went nowhere and that officers could not approach him without putting themselves in danger.

Brown said he became increasingly concerned that "at a split second, he would charge us and take out many more before we would kill him."

The shootings marked the deadliest day for U.S. law enforcement since the Sept. 11, 2001, terrorist attacks. In all, 12 officers were shot just a few blocks from where President John F. Kennedy was slain in 1963.

So far, the evidence points to the attack being a "crime of opportunity," Jenkins said.

Authorities have said the 25-year-old gunman kept a journal of combat tactics and had amassed a personal arsenal at his home that included bomb-making materials.

THE ASSOCIATED PRESS

Protests continue in Baton Rouge

Officers with rifles were blocking the ramps to keep protesters off Interstate 10 in downtown Baton Rouge Sunday, and about 130 people have been taken into custody as marches continue over shootings by police.

Gov. John Bel Edwards said he's "very proud" of the Louisiana law enforcement response to protests over the fatal shooting of a black man, Alton Sterling, by white police officers in the city.

Flanked by law enforcement leaders, Edwards said he doesn't believe officers have been overly aggressive by using riot gear to push protesters off a highway.

"The police tactics in response have been very moderate. I'm very proud of that," said the Democratic governor, who comes from a family of sheriffs.

Tensions between black citizens and police have risen over the past week amid police shootings of African-American men in Minnesota and Louisiana and the murder of five police officers by a black suspect in Dallas in retaliation. THE ASSOCIATED PRESS

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Evidence is gathered from the sidewalk and grassy area where a homeless person was attacked in San Diego. THE ASSOCIATED PRESS

Third homeless victim dies

VIOLENCE

San Diego man was attacked in downtown apartment

A man injured during a series of attacks on homeless men in San Diego died at a hospital Sunday — bringing the death toll to three, police said.

Dionicio Derek Vahidy, 23, died four days after he became the fourth and final victim in the attacks, police said. Vahidy had been in grave condition since Wednesday and had not been expected to survive.

Vahidy was from San Diego and was homeless, police said. He was attacked at an apartment complex downtown, police said.

A witness pulled away a burning cloth that the attacker put on him before fleeing.

In the days before the attack on Vahidy, two other men were killed and a third was severely injured.

Three victims were sleeping alone, and two were set on fire.

On Thursday, Anthony Padgett, 36, was arrested on suspicion of murder, attempted murder and arson in the attacks.

He has not yet appeared in court, and it's not clear whether he has hired an attorney.

Attempts by The Associated Press to reach family members have been unsuccessful.

Padgett was arrested about a block from a trolley station in Chula Vista, the San Diego suburb where he was born.

The violence began July 3, when police found the badly burned remains of Angelo De Nardo. The 53-year-old died before his body was set on fire.

THE ASSOCIATED PRESS

CLASHES

New wave of violence hits South Sudan

South Sudan's capital was rocked Sunday by heavy arms fire between forces loyal to the president and those of the vice-president, causing widespread casualties and raising fears the country is returning to civil war.

The fighting began in the morning and continued until about 8 p.m. local time, when a large thunderstorm seemed to put a damper on the violence, said UN mission spokeswoman Shantal Persaud. She confirmed that a UN armoured personnel carrier

was hit by a shell at a camp to protect civilians. UN peacekeepers in the vehicle were wounded, said witnesses.

"We have a lot of casualties this side, I think around 50 to 60 besides those of yesterday," said Buddud Chol, who oversees security at a clinic in the base. "We have rocket-propelled grenades that have landed in the camp which has wounded eight people." Among the wounded are five children and two women, he said.

"We have a lot of casualties this side."

Buddud Chol

At least one person has died in the camp, he said, but he did not know about casualties outside where the fighting was heavy between government troops supporting President Salva Kiir and

opposition forces loyal to First Vice-President Riek Machar.

The opposition blamed government forces for starting the fighting Sunday with an attack on a rebel base in the Jebel area of the capital. Three helicopter gunships bombed rebel camps, said William Gatjiath Deng, a spokesman for the rebel forces.

South Sudan's army confirmed the clashes but it is not clear how the fighting started, said army spokesman Lul Ruai Koang.

THE ASSOCIATED PRESS

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IN BRIEF

Australian leader claims win, questions remain

Eight days after Australia's general election ended in uncertainty, the prime minister finally claimed victory Sunday for his conservative coalition, bringing an end to the

country's political paralysis — for the moment.

With official results still pending, it was unclear whether Prime Minister Malcolm Turnbull's Liberal Party-led coalition had won enough votes to govern in its own right. THE ASSOCIATED PRESS



Tourists take in the views from the Glacier SkyWalk near the Columbia Icefields in Jasper National Park. THE CANADIAN PRESS

Climbing Mount Success

TOURISM

Alberta hopes Rockies visitors will explore the whole province

Alberta's Rocky Mountains are once again bursting with visitors in what could be another banner year, but the government is hoping to get more tourists spending in other areas

of the province as well.

"The Rockies are often the hook to get those international travellers to come," says Shelley Grollmuss, vice-president of industry development at Travel Alberta.

"And then we work very hard with our industry partners to try and build road trips or other itineraries, where they can go into other areas of the province and explore."

It's all part of the province's plan to boost tourist spending

from the \$8.3 billion in 2014 to \$10 billion by 2020, and to increase jobs in the industry as it works to further diversify an economy that has been heavily reliant on oil and gas.

Grollmuss says tourist numbers are helped by a low dollar that helps make Canada less expensive and more attractive to international visitors.

An increase in direct international flights is also helping, Grollmuss says.

Hainan Airlines recently

launched a direct flight from Beijing to Calgary at the end of June, while WestJet started flying direct to London in May.

But attendance at national parks in Alberta is making other attractions pale in comparison. Banff saw an eight per cent jump to 3.9 million visitors, Jasper was up five per cent to 2.3 million, and Waterton Lakes rose 16 per cent to 486,000 visitors for the financial year ended in March.

THE CANADIAN PRESS

STUDY

American women retiring in poverty

During their working years, women tend to earn less than men, and when they retire, they're more likely to live in poverty.

These are women who raised children and cared for sick and elderly family members, often taking what savings and income they do have and spending it on things besides their own retirement security.

The National Institute on Retirement Security, a non-profit research centre in the U.S., reports that women are 80 per cent more likely than men to be impoverished at age 65 and older. Women age 75 to 79 are three times more likely.

While experts cite a pay gap as a major cause for retirement insecurity, other factors play a role, from single parenthood and divorce to the fact that women typically live longer than men.

Joan Entmacher, vice-president for family economic security at the National Women's Law Center, says

"the solution to the retirement (funding) crisis starts with the earnings and wage gap."

That gap narrowed between the 1970s and 1990s, but stopped shrinking in 2001. Women earn about 76 cents to 79 cents on the dollar, compared with men.

For Marsha Hall, 60, the process of trying to save for retirement has been nearly impossible.

"I've had jobs that included a 401(k) and I was able to put some money aside, every month," she says. "But then I would get laid off and have to cash out the 401(k) to have money to live on."

THE ASSOCIATED PRESS

76-79¢

Amount on the dollar women earn compared with men.

IN BRIEF

Canada Post drops lockout threat

Canada Post has backed off a threat to lock out 50,000 of its unionized workers on Monday.

Talks resumed Sunday and Canada Post has issued a statement that says it has withdrawn its lockout notice. Canada Post could have locked out its workers at 12:01 a.m. ET Monday.

THE CANADIAN PRESS

G20 ministers reiterate calls for free trade

Trade ministers from the G20 nations have called on their governments to roll back anti-trade measures that have become more pervasive than any time since 2009. Following a meeting in Shanghai, they backed a set of principles for global investment ahead of the G20 summit in Hangzhou. THE ASSOCIATED PRESS

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THE QUESTION

My boss showed up at my office team's after-hours function and ordered one of my colleagues to change seats so that he could have it. Is there anything anyone could have done about this?

Hi Ellen,
Our office team had a casual get-together. The manager arrived late, walked up to a person sitting in the middle of the table and told him, "I'll have this seat; you can go sit over there." The person obediently moved to the less desirable seat. I was shocked. Was the manager abusing his authority? What is the office etiquette in this situation? If it happens to me, should I obediently give up my seat, or speak up and risk getting fired?

Signed,
Mary

Dear Desperate,

I'm outraged on your behalf, but not actually shocked.

There's an artist named Jenny Holzer, whose work in the 1980s included neon signs spelling out slogans, and one in particular always stayed with me: "Abuse of power comes as no surprise." I first saw that piece when I was working for a series of friendly bosses, who were talented, encouraged good work, and were huge fun in social situations. But their many small abuses of power ultimately drained all respect I had for them as individuals.

It's so weak for anyone in a position of authority to take advantage of their situation, to claim attention and small luxuries for themselves after office

At least with a blatantly evil boss there's no pretence of mutual affection or respect.

hours when they're already enjoying a higher salary and the power to control people's lives during the workday. And for you, the employee who isn't quite sure whether you're kicking back and relaxing as equals, or whether you're still at the beck and call of that smarmy b---d, it can be confusing and exhausting.

At least with a blatantly evil boss — the kind who gets off on torturing employees with overwork, underappreciation, passive-aggressive mind games or outright lying about raises and promotions, etc. — there's no pretence of mutual affection or respect. With the BEB, you can at

least spend many a pleasant hour (ideally, on company time) fantasizing about the day you find a better job and can crush them with a devastating exit speech. Or, even better, maybe you'll find something on the photocopier that will make it morally justifiable to blackmail them in order that you may ascend to the Iron Throne, whereupon you wouldn't actually physically torture them (torture is never justified), but they wouldn't know that, and they would really regret how crappy they were to everyone and suddenly realize how awful it is to be under someone else's thumb.

As for the etiquette in the situation you describe, your co-worker, by quietly moving to another seat, displayed far better manners than your flagrantly discourteous boss. And though no one's likely to get fired for refusing to give up a seat in a bar, we all know the trickle-down effect of not sucking up 24/7 to a power-tripping authority figure.

So if it happens to you, button your lip, do what you're told, and don't make the mistake of thinking your power-abusing boss is a friend.

Need advice?
Email Ellen:
scene@metronews.ca



© Ani Castillo

ROSEMARY WESTWOOD

Courts are proving that homelessness isn't just a fact of life

Some things seem intractable, until they are not.

In May, 2015, Medicine Hat, Alta., was basking in glowing headlines as the first city in Canada to claim it had eliminated homelessness, having created housing for people who had none and doggedly encouraged them to move in. It was a victory — and proof that one is possible — but it was not to be repeated by authorities elsewhere with any speed. Homelessness is still treated by most Canadian cities as unsolvable.

And that has forced courts to become our sometimes unwitting moral compass.

Last week, a B.C. Supreme Court judge ordered the disbandment of a swelling, controversial tent city outside a provincial courthouse in Victoria, and simultaneously handed its homeless dwellers and their advocates a legal victory. Chief Justice Christopher Hinkson ruled not only that the camp had become too unsafe — noting garbage, discarded needles and condoms, aggressive dogs, a changing population, and at least two rats nests — but also that the province couldn't just force people to pull down their tents; it has to find everyone a place to live by Aug. 8.

It's not the first time this judge has shamed politicians into more ethical treatment of their homeless constituents. Eight years ago, in another B.C. Supreme Court case, Hinkson ruled that homeless people's charter-enshrined

right to security of the person means they should be allowed to camp in city parks. In response, the City of Victoria enacted a bylaw against propping up tents in the daytime. But the measure doesn't extend to provincial land, such as the courthouse premises; hence the so-called "Super InTent City," which quickly flourished after appearing last year.

Victoria has a long, troubled history of homelessness, one many say has been inflamed by the tent-city legal battle. "It has drained Victoria of its compassion" was the diagnosis from beloved Times-Colonist columnist Jack Knox.

But advocates are also calling it a "historic victory." It certainly marks another crucial legal ruling. And once again it puts the courts on the moral high ground above ineffectual politicians: As the judge allowed the tent city to endure, the province was forced to act. In the last year, it "secured more than 300 units of transitional and permanent housing for people who are homeless," the Times-Colonist reported, and \$26 million in further funding. It's not a magic pill, but at least it's something. At least we have this very low bar, now, set by the courts: We all deserve a home.

The trouble now will be finding leaders outside Medicine Hat willing to believe it.

Search for 'Nth Wave,' Rosie's new podcast, on iTunes, Stitcher and Soundcloud.

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STAMPEDE SELFIE TAKING IN THEIR FIRST VISIT Noora Alijundi, Noran Amir and Rehab Hashem take a selfie at their first-ever visit to the Calgary Stampede on Sunday. CANDICE WARD/FOR METRO



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Chuckwagoning a family affair

EVENTS

Father-son trio race with and against each other

Stephanie Joe
For Metro | Calgary

Sunday was Family Day at Stampede and even the chuckwagon racers like to keep it in the family.

Four sets of brothers, four father-son pairs and twin brothers are some of the families competing with and against each other in the 2016 Stampede.

It's not the first time that Gary Gorst and his two sons, Logan and Dustin, have been in the ring together.

This year, Gary and Logan have teams in the chuckwagon competition and Dustin is the demo driver for those who have never seen a chuckwagon race.

"Fifty per cent of the crowd has never seen a race before, so they hire somebody like myself to demonstrate what a chuck-



Father and sons Logan, Gary and Dustin Gorst are all taking part in this year's GMC Rangeland Derby at the Calgary Stampede. Logan and father Gary are both chuckwagon drivers, while Dustin is one of the Chuckwagon 101 demo drivers and also is an outrider for the event.

CANDICE WARD/FOR METRO

wagon race is and how it works," said Dustin.

For the trio, racing has always

been a part of their lives.

"My grandpa raced before that — it's all we know," said Dustin.

Gary has been driving since he was 15 years old and he taught his boys a lot of what they know



"I enjoyed (racing) and had a good life of it and hope they do the same thing. Gary Gorst

today.

"I'm very proud of them as their dad — they followed in my footsteps," said Gary. "I enjoyed (racing) and had a good life of it and hope they do the same thing."

Proud as he is, it still is a competition and he's happy to beat them at their game.

"A couple of times I did beat the boys — my horses performed better than them and I got the last laugh."

Logan, the older brother, has been driving for nine years and outriding for 12. He remembers what it was like competing against his dad for the first time.

"I was so possessed to beat him, and I ran over a barrel that day," he said. "When I was younger I was just out there to beat him, (but now) I think of him as another competitor and same as my brother."

Logan sees the horses as the true athletes of the sport.

"I'm like a coach — I sit up

there and put them in places that they can succeed," he said. "Give them the proper nutrition and training and it's fun to see them do their thing."

He would like to thank his sponsors, PCL being one of them, for helping them make it to Stampede.

"The sponsorship for us is huge," said Logan.

"The prize money isn't huge. They're the companies that make us truly go down the road and without them we don't turn one wheel."

+ ENTRY FEE

It costs about \$150,000 to compete in the chuckwagon competition at Stampede.

There is about \$1.5 million in total prize money for the Stampede.

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Parade marshals face off

Q&A

Paul Brandt, Jann Arden have strong ties to annual event

Candice Ward
For Metro | Calgary

Parade marshals Paul Brandt and Jann Arden both have

strong ties to the Calgary Stampede — with Brandt getting his big break at the Calgary Stampede Talent Search, and Arden recalling fond memories as a youngster lining the streets early with her family to catch glimpses of Calgary royalty, like Buck Shot. This dynamic musical duo may have gone together like peanut butter and jelly — like their initials PB&J may suggest on the parade route — but they differ when it comes to their favourites and rituals.

Metro caught up with both of this year's parade marshals to compare how they fare against each other down at the grounds in a Stampede showdown.

Favourite Stampede food:

Paul Brandt: Corn dog.
Jann Arden: Corn dog.

Favourite ride:

PB: The Zipper.
JA: Free Swings.

What is your favourite place for live music?:

PB: The Saddledome.
JA: Nashville North.

How many days will you attend:

PB: Five to eight.
JA: Two to three.

How many years have you attended the Stampede:

PB: Over 30.
JA: 50.

Your go-to Stampede outfit:

PB: Man in black motif.
JA: Green plaid shirt, my mom's cowboy boots and jeans.

Favourite Stampede partner:

PB: My wife Liz and the kids.
JA: My mom.

Any Stampede bucket list items you are dying to cross off?

PB: I often ride a bull in my mind. That's good enough for me.
JA: I wish I had the balls to go on the slingshot.

After the parade, what are you looking forward to the most for this year's Stampede?

PB: Test riding the chucks.
JA: Having a cold beer.



2016 Calgary Stampede parade marshals Paul Brandt and Jann Arden. CANDICE WARD/FOR METRO

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CHARITY

Food bank teams up with organizers to rein in hunger

Candice Ward
For Metro | Calgary

It's time to "put the boots to hunger."

For the ninth consecutive year, the Calgary Stampede and Calgary Food Bank have teamed up to fight hunger through its

Put the Boots to Hunger Campaign during the Calgary Stampede, according to food bank spokesperson Shawna Ogsten.

"It's our summer fundraising initiative and it's quite critical for us because donations are typically much slower in the summer so we really need donations at this time," Ogsten said.

"We are especially in need

of peanut butter right now but we'd be happy to take any food donations and are very appreciative of Calgarians' generosity."

The campaign has raised over \$3.5 million since its inception in 2008 with \$340,000 of that coming from last year.

People are encouraged to drop their donations off during the Calgary Stampede on their way to the grounds at any local grocery store or at various Stampede breakfasts where the Calgary Food Bank is involved. For more information please visit calgaryfoodbank.com.

“We are especially in need of peanut butter right now but we'd be happy to take any food donations. Shawna Ogsten



MONDAY'S STAMPEDE EVENTS

It's Day 4 of Stampede and there's lots to see!

■ The Coca Cola stage will be showing the X Ambassadors at 9 p.m.

■ Nashville North is showing Tebey at 10 p.m. and Tanya Ryan at 3 p.m., 5 p.m. and 7 p.m.

■ Huey Lewis & The News are playing at the Cowboys Stampede Tent at 1:30 p.m.

■ Window on the West stage showcases local music and arts and crafts located at the BMO Centre from 9 a.m. to 11 p.m.

■ Check out the high dive act at the Scotiabank Saddledome steps at 12:30 p.m.

■ China's The Peking Acrobats will be contorting and tumbling in the upper level of the Big Four

building. Times vary, so check them out between 1 and 6 p.m.

■ The Cowboy Up finals will be taking place so don't miss it. Find them at the Scotiabank Saddledome from 2:30-4:30 p.m.

■ The Indian Village will be holding a Hand Game demonstration at 5 p.m.

METRO

Roping in vintage duds

FASHION

Economic slump means rush to snap up cowboy clothes

For a lot of Calgarians hit by the economic slump, this probably isn't the year to shell out hundreds of dollars on a new pair of handmade leather cowboy boots.

But there are ways to western-up wardrobes for the Stampede and still have plenty of cash left over for rodeo tickets and some greasy midway fare.

A Vintage Affair, a boutique in Calgary's Beltline neighbourhood, is on the hunt for western wear year-round so it has enough stock leading up to the 10-day salute to all things cowboy.

Co-owner Bonnie Barber says the shop gets its best items from estate sales.

"A lot of Calgarians have been here for a long time, so some of our real gems come from people's closets that have been sitting there for about 50 years or so," said Barber. "Some of our favourites are the classic satin western shirt with beautiful chain stitching and lots of pearl snap buttons ... We love fringe too."

It's been busy at the shop. "We have a really budget-friendly store, so I think that has a lot to do with it," said Barber.

"Most of our western wear is \$60 and under and people know that they can score a good deal here."

She recommends staying away from "corny" costume-like pieces or "looking too much like a square dancer from top to toe."

Instead, it's best to pick boho-chic items that, when paired with more toned-down accessories, can work well outside of Stampede week.

"Make it work for you 365 days a year," she said. THE CANADIAN PRESS



Theresa Morgan, left, owner of A Vintage Affair in Calgary, with some of the boutique's western wear for the thrifty Stampede goer. JEFF MCINTOSH/THE CANADIAN PRESS

METRO ASKS:

What is your favourite ride and why?

KRISTA SYLVESTER FOR METRO

"The Mega Drop is my favourite because once you get up there you have no idea when it's going to drop and it's always unexpected."



Kylee Proulx

"I would have to say The Zipper — it definitely makes your heart drop and it just twists and turns unexpectedly."



Ada Gaun

"The Spin Out because it spins all crazy and I'm easily pleased, really."



Darren Power

ALL PHOTOS KRISTA SYLVESTER/FOR METRO

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Indian Village expands

CULTURE

New location more than doubles the size of previous site



Jennifer Friesen
For Metro

In the first photo ever taken of Noran Calf Robe, the seven-month-old wore a diaper and a headband inside his families' teepee at the Calgary Stampede's Indian Village.

Now, 58 years later, Calf Robe owns that teepee himself.

His grandfather, Ben, set up the teepee with buffalo designs during the first Stampede in 1912 — and it's been there for three generations, passed down to Calf Robe's father, Ed, in 1979 and then to Calf Robe last year.

"Stampede was the thing to look forward to every year," said Calf Robe. "It's a way of sharing our culture, our people and our traditions."

Last Wednesday, Calf Robe was at the Indian Village's new



Noran Calf Robe (right) and Allison Healy performed a ceremonial blessing over the new Indian Village on June 6, 2016. JENNIFER FRIESEN/FOR METRO

riverside home in Enmax Park.

At 30-acres, it's 2.5 times bigger than the old space and includes the new Sweetgrass Lodge and 26 teepees to represent the five tribes of Treaty 7: Siksika, Kainai, Piikani, Stoney Nakoda and Tsuu T'ina.

"It's important to acknowledge that we are on the trad-

itional lands of the people of Treaty 7," said Steve Allan, chair of the Calgary Stampede Foundation. "It's a space for Indigenous people to further engage in their unique culture and heritage."

Over the course of Stampede, festival-goers will find the familiar activities of the Indian Village, like traditional foods, dan-

cing and storytelling with elders. The new Sweetgrass Lodge also houses a bannock booth and will offer year-round educational programming.

The Sweetgrass Lodge was completed with a \$3.5-million commitment from Suncor Energy Foundation, which will be paid by the end of 2017.



It's a way of sharing our culture, our people.

Noran Calf Robe

"It's been a few years since we started these conversations, and today is just such a wonderful realization of that," Suncor's Arlene Strom said on Wednesday. "We hope it continues to be a journey of learning and — for us — a journey of reconciliation."

Calf Robe said he was excited to have the Indian Village be a part of the park year-round. He brought his seven-year-old grandson with him to the tour on Wednesday, just as his grandparents brought him when he was a child.

"It makes me feel good, it's not just a 10 day thing for us," he said. "So many different things come up here that are a part of us: the dance, the culture, the practices. My grandson wants to dance, so next year he'll probably be here dancing in the Stampede too."

TEEPee PROTOCOL

Ask before you touch, says chief

Stephanie Joe

For Metro | Calgary

Some of the teepees at Indian Village are opening their doors to the public and we want to make sure that you enjoy your experience without offending your hosts.

Indian Village has 26 teepees representing the five nations of Treaty 7 and for those opening their doors, it's important to understand proper etiquette.

Former chief of the Piikani First Nation Reg Crowshoe has had a teepee up during Stampede for as long as his family was allowed, in 1912.

Each tribe and owner has their own rules, said Crowshoe, so it's always best to ask.

"As a visitor in the teepee, you don't touch the outfits unless the teepee owner says you can touch it," said Crowshoe.

"The teepee owner — it's all his call," said Crowshoe.

The elder or owner of the teepee will decide if they will allow photos so it's always best to ask before snapping a picture.

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I feel that being a mum means you have a very real stake in the future of our country, a tangible stake. She possibly has nieces, nephews, lots of people, but I have children.
Britain's Conservative leadership candidate Andrea Leadsom, right, claiming she has an advantage over rival Theresa May, left.

Fertility apps rarely bear out

REPRODUCTIVE HEALTH

New study looks at 95 tools that claim to predict ovulation

There are dozens of smartphone and web apps women use to avoid pregnancy — but do they actually work?

Most don't, according to a new study from Georgetown University researchers. The peer-reviewed research, published in the latest issue of the *Journal of the American Board of Family Medicine*, looked at nearly 100 fertility awareness apps and found a majority aren't designed for avoiding pregnancy, nor based on evidence-based fertility awareness-based methods women often use to track their cycles — some to avoid conception, and others to aid in conceiving.

"I don't think the apps are necessarily helping women as much as they purport they are," says the study's lead author, Dr. Marguerite Duane, an adjunct associate professor at the Georgetown University School of Medicine and executive director of Fertility Appreciation Collaborative to Teach the Science.

And that's concerning, Duane says, given how popular these apps are becoming. The top apps have been downloaded more



When Jenn Tesluk and her husband decided to have kids, she tried two apps that showed her ovulation days, but each one gave a different answer. When either app told her she was ovulating, ovulation test strips didn't back it up. MARCUS OLENIUK/TORSTAR

than one million times each, her study notes.

The research looked at 95 apps in total, but eliminated 55 off the top because they either had a disclaimer prohibiting use for avoiding pregnancy or didn't claim to use evidence-based fertility awareness-based methods, which help predict fertile and infertile

times in a woman's cycle — systems such as the sympto-thermal method, which involves recording fertility clues like a woman's basal body temperature, mood, and cervical secretions.

Duane wouldn't recommend these apps for women trying to avoid pregnancy. "But if you want to track one of your periods coming, that's completely different," she adds.

When it came to the 40 apps Duane's team did review, 30 predicted fertile days for users and

10 didn't. The researchers entered in seven different "cycles" to test each app, with data that varied in cycle length and fertility observations — reflecting the diversity of real women.

While many women swear by apps, citing success stories like longtime pregnancy prevention or conception on the first go, others find them useless. Some women also end up using apps for both purposes — at first preventing pregnancy, then later in an attempt to conceive.

Pickering resident Jenn Tesluk also used an app to track her cycles while using different forms of birth control — from condoms to the NuvaRing — and eventually just to check when she'd be getting her period after she stopped using various birth control methods. But she didn't feel like the apps were totally reliable beyond period tracking. When it came to avoiding pregnancy, "we were just lucky," she says.

Later, when Tesluk and her husband Matt decided to have

+ CHECK IT OUT

Which widgets are accurate

Out of the 30 apps predicting a woman's fertile days, Dr. Marguerite Duane only recommends the top-rated apps in the study: **Ovulation Mentor**, **Sympto.org**, **iCycleBeads**, **LilyPro**, **Lady Cycle**, and **mfNFP.net** — which all had either a perfect score on accuracy or no days of fertility labelled as infertile.

kids, she tried two different apps that showed her ovulation days, but each one gave a different answer.

"It was really frustrating," she says. Her cycles, she adds, are a bit longer than the average woman — around 35 days, instead of the typical 28.

If apps are using that "typical" menstrual cycle, that might explain why many women wouldn't find them accurate, notes Dr. Yolanda Kirkham, an obstetrician-gynecologist at Women's College Hospital and St. Joseph's Heath Centre.

While Kirkham always encourages her patients to learn more about their cycles, she says the apps merely act as a tracking tool — and should be coupled with speaking to your doctor and learning how to gauge your own body.

"We can't rely just on computers. They don't know you personally. It's always much better to chart for yourself, rather than using a one-size-fits-all app," Kirkham says. TORSTAR NEWS SERVICE

“It's always much better to chart for yourself, rather than using a one-size-fits-all app. Dr. Yolanda Kirkham

AUGMENTED REALITY

Watch your step, would-be Pokemon Go masters

Beware: Pokemon Go, a new smartphone game based on cute Nintendo characters like Squirtle and Pikachu, can be harmful to your health.

The "augmented reality" game, which layers gameplay onto the physical world, became the top grossing app in the iPhone app store just days after its Wednesday release in the U.S., Australia and New Zealand. And players have already reported wiping out in a variety of ways as they wander the real world — eyes glued to their smartphone screens — in

search of digital monsters.

The game was created by Niantic Inc., a San Francisco spinoff of Google parent Alphabet Inc. that previously became known for a similar augmented-reality game called "Ingress."

To play, you fire up the game and then start trekking to prominent local landmarks — represented in the game as "Pokestops" — where you can gather supplies such as Pokeballs. Those are what you fling at online "pocket monsters," or Pokemon, to capture them for training. At other locations

called "gyms" — which may or may not be actual gyms in the real world — Pokemon battle one another for supremacy.

Naturally, the game has also induced people to post pictures of themselves on social media chasing creatures in all sorts of dangerous situations.

Zubat and Paras have appeared on car dashboards. Caterpies have been spotted at intersections. Ankle injuries, mishaps with revolving doors and walking into trees have been among the painful results.

Lindsay Plunkett, a 23-year-

old waitress in Asheville, North Carolina, made a point on Friday of parking six blocks away from the restaurant where she works, instead of the usual three. "Just so I could get some more Pokestops on the way," she says.

She's still nursing a bruised shin from the previous night, when she and her boyfriend spent hours wandering downtown in the rain. She tripped over a cinder block that had been used as a doorstep at a local women's museum.

THE ASSOCIATED PRESS



Lindsay Plunkett, 23, tripped over a cinder block doorstep while playing Pokemon Go. JUSTIN HARRISON VIA AP

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How to grow your personal economy



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PERSONAL FINANCE

The right plan is always more relevant than market changes

Gail Vaz-Oxlade
For Metro Canada



Have you ever noticed that the financial news is always full of some drama or another. The stock market is skyrocketing. The stock market is diving. The credit world is in meltdown. Savings are in the tank. Inflation is zooming up. The economy is suffering from stagflation.

People are swayed by the news. It creates stress and tension. Even the investment world is always responding to the news, although those folks should know better. In the

\$ MONEY'S WORTH

Want to make your personal economy strong?

- Don't spend more money than you make.
- Save something.
- Get your debt paid off.
- Mitigate your risks with an emergency fund and enough of the right kind of insurance.

book, *Why Smart People Make Big Money Mistakes*, Gary Belsky and Thomas Gilovich cite a Harvard study of investment habits: "Investors who received no news performed better than those who received a constant stream of information, good or bad."

"In fact, among investors who were trading (a volatile stock), those who remained in the dark earned more than twice as much money as those whose trades were influenced by the media."

Their point is that investment decisions should not be made based on the market's most recent gyrations, but on your financial goals and the investment strategy that will achieve them. Really, we needed a study for this piece of common sense? And yet it is common sense that is ignored on the daily.

There will always be something in the news. And the global economy will always be changing. That's life. But does that something new always have an impact on you and your life? Let's face it, if the whole

world is on a high and you've just lost your job, can't make your payments on time, or have just had to leave work because of an illness, all that good news means squat to you. And if the whole world is ready to jump off a bridge and you've got all your ducks in a row, you'll be fine.

Without a strong financial foundation, the economic woes are likely to have a bigger impact on you than you'd like. But if your personal economy is strong, you'll have a plan, the resources and the flexibility to make it through the rough patches.

Focusing on your personal economy means putting the pieces into place that will protect you and give you some financial room to maneuver. Having clear financial goals helps.

The impact of the global economy is real and can have an impact on your personal economy. Just ask all the folks who have lost jobs, taken pay cuts or had their hours at work cut back. But if you allow the mind-numbing negative information that flows around you to drive your behavior, you will not be happy. (You do value "happy" as part of your personal economy, right?)

It's good to know what's going on. But it's better not to have to care because you've built a personal economy that can weather the storm.

For more money advice, visit Gail's website at gailvazoxlade.com

“ Investors who received no news performed better than those who received a constant stream of information, good or bad.

Excerpt from *Why Smart People Make Big Money Mistakes*

YOU CAN DO THIS PERSONAL TRAINER/FITNESS INSTRUCTOR

Let's get physical

WHY I LIKE MY JOB

Stephen Sinanan, 41, Group Fitness Instructor at GoodLife Fitness in Toronto

I help people reach their fitness goals and potential. I've always been passionate about physical fitness, but it wasn't until my mid-30s when I realized I could convert this passion into a fulfilling career.

I made the decision to gradually part ways from a position in the publishing industry and started an accelerated training program in group exercise fundamentals. Several years later I still find my job the most rewarding thing I have done in my professional life. Seeing the excitement in participants' faces and knowing when they hit their fitness milestones is pure joy.

I landed my first gig as a Body Combat instructor with GoodLife Fitness. Since then I've progressed to teach a variety of fun programs that include dance, yoga, HIIT (high-intensity interval training) and aqua.

The job is more than just inspiring people to achieve five more push-ups; it's also about giving people the skills to deal with stress in a positive way. Nothing beats an endorphin rush to wash away the day's worries. Finally, connecting with people — both in and out of the studio — is what fuels my passion. I'm happy to know that I help people become the best version of themselves.



Stephen Sinanan can be found on Instagram @divasteve

THE BASICS: Personal trainer/Fitness instructor

\$39,473

Median salary for an intermediate-level personal trainer/fitness instructor. Those who master their skills in sports nutrition and training program development can earn up to **\$86,000 annually.**

+8%

Projected rate of job growth over the next 8 years.

Data for this feature was provided by payscale.com, service-canada.gc.ca, canadianfitness.net, goodlifefitness.com and onetonline.org.

HOW TO START

Although there is no formal educational requirement to jump into a career as a personal trainer or fitness instructor, most professionals find success in this field with a post-secondary credential in a health- or fitness-related discipline. The Can-Fit-Pro certification is a popular starting point, as students will learn the fundamentals of running personalized programs aimed at improving strength, flexibility and cardio fitness.

WHERE YOU CAN GO

Most professionals find work in recreation centres, gyms, resorts and hotels, or in private homes. A recent epidemic of sedentary living has resulted in an influx in heart disease, obesity, depression and other life-altering illnesses, and physical fitness is often prescribed as the most beneficial treatment. As such, more people are signing up for fitness classes and training plans to help lead healthier lives.

NEXT CAREER STEP

Those seeking career advancement may choose to pursue a degree in physical education, kinesiology or exercise science to obtain a position as head trainer, gym owner or fitness director. There are also a variety of senior-level roles centred on physical rehabilitation, weight management, nutrition, and program development.

JOHANNA SCHNELLER WHAT I'M WATCHING

Worn premise with a hidden heart of gold

THE SHOW: *You Me Her* S1, E2 (HBO Canada)

THE MOMENT: The guilty hooker

Izzy (Priscilla Faia) awakes, hung over. She's a grad student moonlighting as an escort, and she recently made out, separately, with Jack (Greg Poehler) and Emma (Rachel Blanchard), a cute married couple. Because Izzy is a nice escort, she feels guilty about it.

"You're disgusting," she rebukes herself. "You make me sick." She sprints to the toilet and pukes.

Afterward, she gives herself a pep talk in the mirror. "Today is the first day of your life," she says. "You are stripped bare, born anew." Minutes later, she's wearing rubber gloves and scrubbing her apartment.

I've seen two episodes of this series, and I'm open to it. For sure, the premise is a stretch — Jack, bored, made a date with Izzy, but he couldn't go through with it, and fessed up to Emma. Emma, curious, made her own date with Izzy. Now they all like each other. But so far the writing is fresh and the performances charming enough that the show



Izzy (Priscilla Faia) plays a "nice" escort/grad student. CONTRIBUTED

is clicking.

What I need to know, though, is the location of this mythical grad school that's chockablock with strippers and hookers.

It's an absurdly common trope for TV shows and movies that want to have it both ways: "Sex sells! Let's make her a sex worker! But not a nasty sex worker — a smart, shiny sex worker!"

What degree does this grad

school offer anyway, a PhD-BDSM?

So Izzy has to puke, plus chastise herself, plus strap on the rubber gloves of atonement.

Only then can she get down to work.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

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"Looking forward to wearing some red white and blue in Rio": Rickie Fowler took to Twitter to say he'll represent the U.S. at the Olympics

Portugal spoils the party

EURO 2016
FINAL

Eder is the hero as hosts fail to capitalize on Ronaldo injury

Portugal overcame the loss of injured captain Cristiano Ronaldo to beat France 1-0 in the European Championship final on Sunday, with a goal in extra time from substitute Eder securing their country's first football title.

Just as the final looked destined for a penalty shootout, Eder cut through the French defence and struck a low shot from 25 metres (yards) past goal-keeper Hugo Lloris in the 109th minute at the Stade de France.

Twelve years after losing to Greece on home soil in their last appearance in the final, it was Portugal's turn to spoil the host nation's party. And they achieved it after winning only one of their seven games at Euro 2016 inside 90 minutes, and after losing the inspirational Ronaldo midway through the first half.

"It was tough because we lost our main man and we had all our hopes

SUNDAY In Saint-Denis



pinned on him because he's a player who can score a goal at any minute," Portugal defender Pepe said. "When he said he couldn't go on, I tried to tell my teammates that we have to win it for him. That we were going to fight for him." And they did.

Red and green confetti descended from the roof onto Ronaldo and his victorious teammates as supporters of the hosts flooded out of the stadium, denied a third victory on French soil to add to Euro '84 and the 1998 World Cup.

"Football can be very cruel," said Lloris, France's captain. "The overriding emotion is a lot of sadness."

It was a mostly dull and stodgy final but the record books will only show that Portugal went from third-



Antoine Griezmann
GETTY IMAGES



Portugal's forward Cristiano Ronaldo, centre, lifts the trophy as he celebrates with teammates winning the Euro 2016 final. FRANCISCO LEONG/AFP/GETTY IMAGES

place in its group to champion, and with little help from Ronaldo in its last match.

European football's biggest game lost its biggest name after 25 minutes of a cagey final on the outskirts of the French capital. "Today I had bad luck because I had a small injury in the beginning of the teams, but my colleagues did their part — they run, they fight ... nobody believed in Portugal but we won," Ronaldo said.

Even France forward Antoine Griezmann, the tournament's leading scorer, couldn't rise to the big occasion. There was no seventh goal of Euro 2016 from the Atletico Madrid forward, who also lost out in the Champions League final six weeks ago to Ronaldo's Real Madrid.

Griezmann was the first player to find the target, but his header was tipped over by Rui Patrício, who was formidable in the Portugal goal. When an

inviting cross from Kingsley Coman was delivered in the 66th, Griezmann missed with a free header.

Only once was Patrício beaten, when Andre-Pierre Gignac's shot hit the inside of the post but it came back out. Luck was on Portugal's side, and Eder was able to strike the decisive blow.

"It's something unbelievable in my career, something I deserve," Ronaldo said.

THE ASSOCIATED PRESS

IN BRIEF

Hamilton sprinter Rodney impresses in 200 metres

Canada has another star sprinter as Brendon Rodney of Hamilton became just the second Canadian in history to break the 20-second barrier in the 200 metres on Sunday.

Rodney crossed in 19.96 seconds to win the 200 metres at the Canadian Olympic track and field trials. Toronto's Aaron Brown (20.32) finished second while Andre De Grasse, Saturday's 100 metres winner, (20.32) was third. THE CANADIAN PRESS

Canadian men's basketball team falls short of Rio

Canada's men's basketball team saw its dreams of playing in the Rio Olympics dashed. The Canadians lost 83-74 to France in Sunday's heartbreaking final of FIBA's last-chance Olympic qualifying tournament in Manila, Philippines.

Toronto Raptors guard Cory Joseph had 20 points and six assists to lead the Canadians, who were hoping to make their first Olympic appearance since the 2000 Sydney Games. THE CANADIAN PRESS

Lang wins women's U.S. Open after 3-hole playoff

Brittany Lang won her first career major at the U.S. Women's Open when Anna Nordqvist touched the sand with her club in a bunker for a two-stroke penalty in the three-hole aggregate playoff on Sunday.

The penalty occurred on the second hole of the playoff after officials reviewed replays in the latest controversy at a USGA event. Lang sealed the win with a short par putt on the final playoff hole, while Nordqvist made bogey. THE ASSOCIATED PRESS

Hamilton successful in defending title at home

Defending Formula One champion Lewis Hamilton reeled off his fourth win in five races Sunday at the British Grand Prix.

The Mercedes driver's victory completes a hat trick of consecutive home wins at the British Grand Prix, and is his fourth win on home soil and the 47th of his career. THE ASSOCIATED PRESS

MLB

Dickey and Donaldson combine to tame Tigers



Blue Jays centre-fielder Kevin Pillar makes a jumping catch at the wall on Sunday. RICK MADONIK/TORSTAR NEWS SERVICE

R.A. Dickey believes this year's edition of the Toronto Blue Jays is in better shape than last season's.

The knuckleballer tossed seven innings of one-run baseball on Sunday afternoon as the Blue Jays defeated the Detroit Tigers 6-1, allowing five hits while striking out five and walking two as Toronto won for the eighth time in its past 10 games.

Still, Dickey (7-9) thinks the Blue Jays have more momentum heading into the all-star break than last year's team, which won the American League East

At Rogers Centre



crown and got to the American League Championship Series.

"I'd say we're certainly in a better position now, than we have been in the past," said Dickey.

Josh Donaldson belted a three-run home run and Josh Thole drove in a pair for To-

ronto (51-40), which is tied for second place in the American League East with Boston. Baltimore leads those teams by two games.

The Tigers (46-43) have dropped three of their last four heading into the break.

Donaldson became just the sixth player in AL history to score 80 runs and hit 20 home runs prior to the all-star break. The others were Lou Gehrig (1936), Ted Williams (1946), Reggie Jackson (1969), Frank Thomas (1994), and Alex Rodriguez (2000). THE CANADIAN PRESS



Canada's Milos Raonic holds the runner-up plate behind champion Andy Murray. ANDY COULDRIDGE/THE ASSOCIATED PRESS

Brit mows down Milos

WIMBLEDON

Raonic misses out on winning Canada's first singles Slam

Milos Raonic battled all match trying to get to a level that was "good enough" to make him Canada's first Grand Slam singles champion. In the end, he couldn't quite get there.

The Thornhill, Ont., product lost in straight sets to Andy Murray in the Wimbledon final Sunday in the first major singles championship match to feature a Canadian man.

"That's pretty much the thing you're fighting the most, is to try to find a level that's good enough," Raonic said. "I was keeping up with him but when it counted I wasn't able to get on top."

Murray, the local favourite, topped the 25-year-old Raonic 6-4, 7-6 (3), 7-6 (2) to capture his second Wimbledon title and third major championship.

Raonic, who came into the match on a high after beating Swiss superstar

Roger Federer in a five-set semi-final thriller on Friday, had a solid run at this year's tournament.

Down two sets to love in the fourth round against Belgium's David Goffin, Raonic found a way to pull through and advance to the quarter-finals, where he beat Sam Querrey in four sets.

"It was phenomenal," Raonic said of his performance. "I stepped up in a semifinal that twice I struggled in the past, I came back from two sets to love down which is a first time for me, I showed guts, I showed vigour and I have to carry that through to the next events."

Earlier Sunday, Canadian teen Denis Shapovalov won the Wimbledon's boys' title, defeating Australia's Alex De Minaur in three sets. The 17-year-old Shapovalov, from Richmond Hill, Ont., bounced back from a 6-4 loss in the first set to take the next two, 6-1, 6-3 respectively.

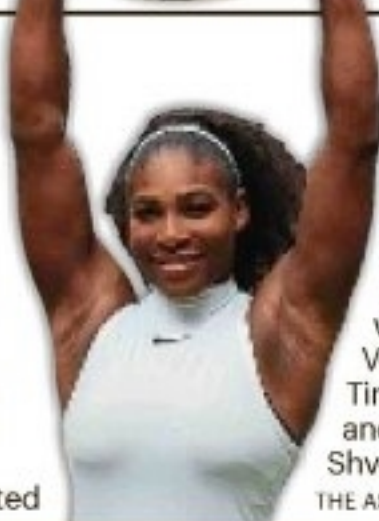
And later, Shapovalov and Canadian partner Felix Auger-Aliassime lost in the doubles final to Kenneth Raismäe of Estonia and Stefan Tsitsipas of Greece 4-6, 6-4, 6-2.



THE CANADIAN PRESS WITH FILES FROM THE ASSOCIATED PRESS

Serena's superb Saturday

Serena Williams is leaving Wimbledon with two trophies after winning both the women's singles title and the women's doubles championship on Saturday. Williams collected



her 22nd Grand Slam singles title with a 7-5, 6-3 victory over Angelique Kerber, then teamed with sister Venus to beat Timea Babos and Yaroslava Shvedova 6-3, 6-4.

THE ASSOCIATED PRESS

GETTY IMAGES

MMA

UFC crowns its first gay champ

After Amanda Nunes released the chokehold that finished her stunning victory at UFC 200 on Saturday night, the new bantamweight champion leaped onto the cage and pointed ecstatically at her girlfriend, Nina Ansaroff.



Amanda Nunes
GETTY IMAGES

Nunes became the UFC's first openly gay champion with her first-round submission of Miesha Tate. While the Brazilian bantamweight celebrated, Nunes also spared a thought for the history-making nature of her accomplishment.

+ LGBTQ

Earlier this month, the UFC started an initiative to benefit the LGBTQ community in Las Vegas, selling T-shirts reading "We Are All Fighters" in rainbow lettering.

"This is amazing," Nunes said. "The most important thing is I'm happy with my life.... She means everything to me. This girl, she helped me every day."

Nunes (13-4) and Ansaroff are mixed martial artists who live and train together in Florida. While Ansaroff's strawweight career hasn't reached Nunes'

bantamweight heights, she has passionately supported Nunes' rise in the crowded 135-pound division.

"She is so amazing, the most amazing person," Nunes said. "I love her so much.... Nina is the best training partner I ever had in my life."

Their teamwork showed in the upset victory by Nunes, who wasn't widely expected to become the UFC's fourth different bantamweight champion in nine months.

Nunes staggered Tate early with a precise right hand. She battered the champ throughout the round before easily sinking in the choke that forced Tate to tap out with 1:44 left in the round. THE ASSOCIATED PRESS

TOUR DE FRANCE

Dumoulin wins latest stage but Froome still in yellow

Dutch rider Tom Dumoulin won the toughest Tour de France stage in the Pyrenees with a solo breakaway while Briton Chris Froome held onto the yellow jersey in a hailstorm Sunday.

The ninth stage featured five demanding climbs, including an uphill, beyond-category finish in Arcalis.

Contador pulls out

Diminished by a fever and still reeling from crashes on the opening two days of the race, two-time champion Alberto Contador pulled out of the Tour de France on Sunday. THE ASSOCIATED PRESS

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

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Prep time: 10 minutes
Cook time: 20 minutes
Makes 4 servings

Ingredients

- 1 package couscous, cooked according to package directions
- 4 ears of corn, boiled
- 1 red bell pepper, cored, seeded and diced
- 1 can organic black beans, rinsed and drained
- ½ cup finely chopped red onion
- 1 cup crumbled feta cheese
- 1/3 cup cilantro, finely chopped

Dressing

- 1 tablespoons extra virgin olive oil
- 2 tablespoons rice wine vinegar
- 1 tablespoon lemon juice
- 1 tablespoon honey
- 1/4 teaspoon salt

Directions

1. Cut corn kernels from boiled cob. Pour cooked couscous into a large mixing bowl and stir in corn, black beans, red bell pepper and feta.

2. Meanwhile, in a small bowl, whisk the olive oil, rice wine vinegar, lime juice and honey. Sprinkle in the salt and stir.

3. Pour dressing over salad and mix to coat couscous. Stir in cilantro. Serve immediately or chill for one hour and serve cold.

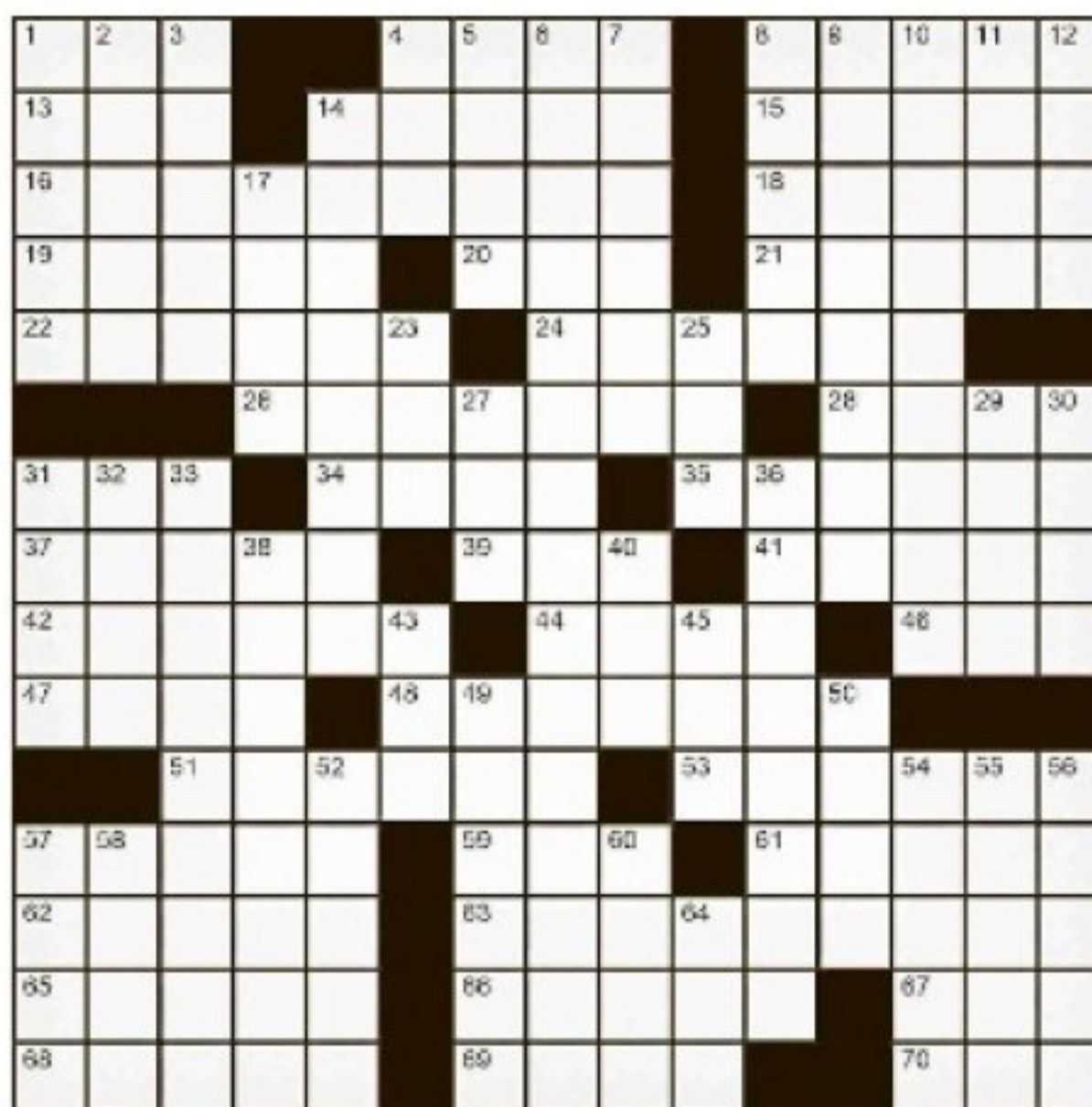
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ACROSS

- Bug
- Bought - but then taken back to the store [abbr.]
- Scatter
- Suffix with 'Chlor'
- Actress Anne
- Dried plum
- Star/composer/creator of the hit musical at #14-Down, _ _ Miranda
- Ceiling of sorts
- Levi's material
- Exec. level
- Citric and Glycolic
- Kangaroo logo shampoo
- "Strut" by Sheena _
- Detox
- Pro _ (in proportion)
- "... mouse?"
- _ messaging
- Eugenie Bouchard's sport
- Large in scale
- Street for Freddy
- Climbing leguminous plant
- Emergency signals
- "_! _ bug!"
- "_ Pilot" by Eric Burdon & The Animals
- Nautical mile
- Pancakes cooker
- Julius Caesar conspirator
- Ete: English
- Anew
- _ -mo replay
- "I Was _ War Bride" (1949)
- Filled



- Sewing kit item: 2 wds.
- Full of life
- Hole _ _
- Geog. co-ordinate
- Indiana basketball
- Edge tool

- Conductor, _ Pekka Salonen

DOWN

- Ms. Swinton
- "Bon voyage!"
- Actor Mr. Badgley's
- Stimp's cartoon co-star

- _ Secum, Nova Scotia
- PEI nickname: 3 wds.
- Ms. Burke's of "Designing Women"
- Tomato-hitting-the-ground sound
- Three-pointed-brim hat, variantly

- Goats and giraffes
- This '90s Canuck hit's bit: "...I was three inches shorter then..."
- Drenches
- Tony-winning musical ...sharing the name of a southern Ontario city

- Filing abbr.
- Shoe width
- Television _
- Electric guitar, in slang
- _ tock
- Hair hues, sometimes
- Siberian city
- Madonna song
- Skilled at gymnastics
- Assess
- Fetch, like a 'Golden' dog
- Club _ (Tropical trips company)
- _ Pepper (Beatles character)
- "Constant Craving" singer ms. lang, et al.
- Moscow's locale
- TV award
- Anesthetized
- Canadian syrup
- Saint _ Mountains (Range where Mount Vancouver is)
- Hertz _ Car
- Rush, office-style
- Fancy bash
- The Wizard _
- Compass point

* IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
This will be a challenging Monday, because your home routine will be interrupted in some way. Small appliances might break down, or minor breakages could occur. It could be anything.

Taurus April 21 - May 21
This is an accident-prone day, which means you have to pay attention to everything you say and do. Guard against knee-jerk reactions. Don't be hasty.

Gemini May 22 - June 21
Keep an eye on your money and cash flow, because you might find money; however, you also might lose money! In all cash transactions, check your bill and count your change.

Cancer June 22 - July 23
Your mind is stimulated today, which is why you are intrigued by everything going on around you. But this also might be a nerve-racking day full of little surprises and upsets.

Leo July 24 - Aug. 23
Today your energy is nervous and scattered. Don't worry, because this is a brief influence. Nevertheless, avoid work that requires concentration and attention to detail.

Virgo Aug. 24 - Sept. 23
You might meet somebody new and unusual today. Or possibly, someone you know will do something that surprises you. It's an unpredictable day.

Libra Sept. 24 - Oct. 23
Relations with authority figures could go either way today. They might offer you something new and exciting, or they might say something that upsets you.

Scorpio Oct. 24 - Nov. 22
Travel plans will be canceled, delayed or rescheduled today. Likewise, schedules for higher education (technical schools, colleges and universities) will be changed as well.

Sagittarius Nov. 23 - Dec. 21
Unexpected news that impacts shared property, taxes, debt or inheritances might catch you off guard today. Make sure you get your information right.

Capricorn Dec. 22 - Jan. 20
A conversation with a partner or close friend will have a few surprises for you today. Or perhaps someone will say something that inspires you. It could be anything.

Aquarius Jan. 21 - Feb. 19
Computer crashes, power outages, cancelled meetings and staff shortages are just a few reasons why your work day will be different. But you also might have an exciting change!

Pisces Feb. 20 - March 20
This is an accident-prone day for your kids, so be vigilant. Meanwhile, social engagements and sports events could be canceled or changed. Hmmm.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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